

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Influence of eight weeks selected aerobic aquatic exercise on cystatine C and some other cardiovascular risk factors in menopause women

Protocol summary

Summary

Objectives: The purpose of present study is evaluating influence of progressive aquatic aerobic exercise on cystatine C and some other cardiac factors including fasting blood sugar, triglyceride (TG), cholesterol, lipoproteins and body fat percent in menopause women.

Design: this study is a kind of experimental with two groups of exercise and control. Setting and conduct: exercise group will participate in eight weeks of exercise. Control group will not participate in any kind of exercise. Variables will be measured before and after eight weeks of experiment period. Participants: Participants of study include 30 menopause women who participate in study voluntarily and randomly are divided to two groups of exercise(n=15) and controls(n= 15).participants must be healthy had no limitation of exercise activity according to physician examination and do not use any kind of drugs which may be effective on study variables. Intervention: study variables are measured before and after training sessions. Study variables are recorded before and after training. Blood samples are taken in fasting state one day before and 24 hours following the last session of exercise training. Training sessions include aerobic aquatic exercise for 8 weeks, 3 times a week and with progressive intensity. Exercise training begin with 50% of maximal heart rate and end with 70 to 80 % of maximal heart rate during the last session. Control group will not participate in any kind of regular exercise during study. Data will be analyzed using statistical method of covariance analysis. Variables: cystatine C and some other cardiac factors including fasting blood , triglyceride, cholesterol, lipoproteins and body fat (before and after experiment).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013042413107N1**

Registration date: **2013-11-11, 1392/08/20**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-11-11, 1392/08/20

Registrant information

Name

Maryam Koushkie Jahrimi

Name of organization / entity

Shiraz University

Country

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Phone

+98 71 1613 4666

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mkoushki@rose.shirazu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research affairs in Shiraz University

Expected recruitment start date

2013-09-25, 1392/07/03

Expected recruitment end date

2014-02-22, 1392/12/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Influence of eight weeks selected aerobic aquatic exercise on cystatine C and some other cardiovascular risk factors in menopause women

Public title

Influence of exercise on some cardiovascular risk factors

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion: being completely healthy with no limitation for participation in exercise and not using any effective drug on study variables Exclusion : any kind of disease or deformity which may influence physical activity or may endanger participant for physical exercise

Age

From **47 years** old to **60 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shiraz university

Street address

Eram sq. Shiraz University

City

Shiraz

Postal code**Approval date**

2010-09-23, 1389/07/01

Ethics committee reference number

137856645

Health conditions studied**1****Description of health condition studied**

cardiovascular risk factors

ICD-10 code

-

ICD-10 code description

-

Primary outcomes**1****Description**

Cystatine C

Timepoint

Before and after exercise training

Method of measurement

Blood sampling

Secondary outcomes**1****Description**

Lipoproteins

Timepoint

Before and after exercise training

Method of measurement

Blood sampling

2**Description**

Fasting blood sugar

Timepoint

Before and after exercise training

Method of measurement

Blood sampling

3**Description**

Triglyceride

Timepoint

Before and after exercise training

Method of measurement

Blood sampling

4**Description**

Body fat percent

Timepoint

Before and after exercise training

Method of measurement

Blood sampling

Intervention groups**1****Description**

Exercise training in experimental group .Exercise training includes aquatic exercise for 8 weeks, 3 times a week with progressive exercise intensity. Exercise training begin with 50% of maximal heart rate and end with 70 to 80 % of maximal heart rate during the last session.

Category

N/A

2**Description**

Not performing any kind of intervention in control group

Category

N/A

Recruitment centers1**Recruitment center****Name of recruitment center**

Retirement center of Isfahan

Full name of responsible person**Street address****City**

Isfahan

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Shiraz University

Full name of responsible person

Dr Saadat

Street address

Management building of Shiraz University

City

Shiraz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shiraz University

Proportion provided by this source

100

Public or private sector*empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Shiraz University

Full name of responsible person

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Position

Academic member of staff

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty